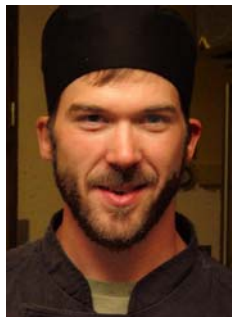


## Montana Chef Competition Culinary Excellence Award Bronze Class: Main Course

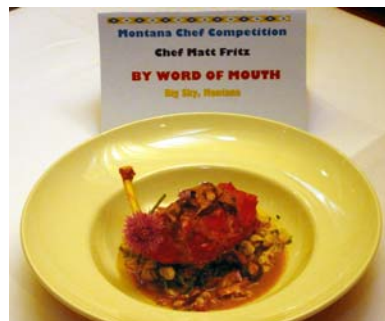
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**Recipe Name:** Pheasant Breast  
"Saltimbocca" over Fresh Herb Spaetzle,  
Garlic Spinach and Shiitake Marsala Pan Jus

**Chef:** Matt Fritz

**Restaurant:** [By Word of Mouth Restaurant and Catering](#)



**Montana Ingredients:** Gallatin Valley Botanical greens and [Garden City Fungi](#) mushrooms.

**Yield:** 4 main courses

### Chef Profile:

Matt Fritz, Chef de Cuisine of By Word of Mouth Restaurant and Catering, 2815 Aspen Dr., Big Sky, received a Bronze Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

With a Culinary Arts Degree from College of DuPage in Glen Ellyu, Illinois, Fritz has been at By Word of Mouth for one year. His Bronze Class award was in the main course category for a creation titled: Pheasant Breast "Saltimbocca" over Fresh Herb Spaetzle, Garlic Spinach and Shiitake Marsala Pan Jus. (See recipe.)

His advice to aspiring cooks: " When cooking wild game, to get the real flavor from the product, cook it less than you traditionally would cook something of the same nature from beef or pork for example. Wild game is a more lean product than beef and therefore the more you cook it the tougher it will be and the gamier the flavor will be."

### Amount      Ingredients

#### **Fresh Herb Spaetzle**

2	Eggs
3 oz.	Milk
6 oz.	Flour, sifted
1 Tbsp	Gallatin Valley Botanical Fresh thyme, chopped
1 Tbsp	Gallatin Valley Botanical Fresh sage, chopped
1 Tbsp	Gallatin Valley Botanical Fresh rosemary, chopped
Pinch	Salt and pepper
1 cup	<a href="#">Garden City Fungi</a> Shiitake Mushroom, thinly sliced

#### **Shiitake Mushroom Pan Jus**

Reserved pheasant trimmings

½ cup	White onion, chopped
2 stalks	Celery, chopped
1 small	Carrot, chopped
8	Gallatin Valley Botanical Thyme sprigs
1	Bay leaf
6	Black peppercorns
1 qt.	Cold water
2 tsp	Shallot, diced
2 tsp	Garlic, diced
3 oz.	<a href="#">Garden City Fungi</a> mushroom, sliced thinly
1½ cups	Marsala wine
2 Tbsp	Cold butter
	Salt and Pepper to taste

### **Pheasant Breast “Saltimbocca”**

4	Pheasant breasts
16	Prosciutto, sliced thinly
12	Sage leaves
	Olive oil for sautéing

### **Garlic Spinach**

8 oz.	Gallatin Valley Botanical Spinach, stems removed
1 Tbsp	Garlic, diced
	Salt and pepper to taste.
	Olive oil for sautéing

### **Garnishes:**

- Chive blossoms
- Chives, chopped
- Baby spinach leaves, fried

### **Method:**

#### **Pheasant Breast “Saltimbocca”**

Trim wing portion of each breast down to the bone and reserve trimmings for sauce. Season each breast with salt and pepper and sear on both sides until golden. Reserve breasts until cool. Place three sage leaves on the skin side of one breast and wrap breast with four slices of prosciutto, leaving wing portion exposed. Repeat with remaining breasts and reserve for final product. When ready for final assembly, roast breast in a 400° oven to an internal temperature of 140 degrees, approximately 10 minutes or more. Check with an instant read thermometer and be careful not to overcook.

#### **Shiitake Mushroom Pan Jus**

Add pheasant trimmings to the pan that the breast were seared in and sauté until golden. Add remaining ingredients, except water, and sauté until they begin to caramelize. Deglaze the pan with white wine, add water and bring to a simmer. Reduce mixture by half, strain through fine mesh strain and reserve for later use. Add shallots, garlic and mushrooms to a warm sauté pan

and sweat mixture for ten minutes. Deglaze mixture with marsala wine and reduce by half. Add reserved pheasant jus to mixture and bring to a simmer. Season with salt, pepper and fresh thyme and hold warm. Whisk butter into the sauce just before serving.

### **Fresh Herb Spaetzle**

Bring a pot of salted water to a boil. Combine eggs, milk and herbs in a mixing bowl with a wire whip. Add flour and combine with spatula, being careful not to over mix. Let mixture rest for 30 minutes. Place a spaetzle maker and other perforated device over pot of boiling salted water. Place half of the batter in the spaetzle maker and force through into water and cook spaetzle until it floats. Remove dumplings from water and shock in ice bath. Repeat procedure with remaining batter. Reheat spaetzle with a handful of sliced shiitake mushrooms in a hot non-stick pan and cook until it just begins to color. Season with salt and pepper and hold warm.

### **Garlic Spinach**

Sauté garlic until it starts to color and add spinach. Cook mixture until spinach starts to wilt and season with salt and pepper. Hold mixture warm.

**Presentation / Plating Notes:** Place spinach mixture in bottom of a 12 inch serving bowl and top with spaetzle mixture. Place pheasant breast (cook to 140°) on top of mixture and ladle 2 oz. of sauce over and around breast. Garnish with chive blossoms, chopped chives and fried spinach leaf.